Left lower back pain checklist

Use these steps from the article to sort out the likely cause and know when to get help.

- [ ] Note whether the pain follows lifting, twisting or overstretching.
- [ ] Check for pain that travels down one leg, which can point to sciatica.
- [ ] Watch for fever, nausea, or blood or cloudiness in the urine.
- [ ] Keep up daily activities and avoid long periods in bed.
- [ ] Use an ice pack for pain and swelling or heat for stiffness.
- [ ] Try gentle stretches and stop if the pain worsens.
- [ ] Book a doctor visit if the pain has not improved after a few weeks.
- [ ] Call 911 or your local emergency number for numbness around the genitals or anus.
- [ ] Seek emergency care for new bladder or bowel changes with back pain.

Notes

For general education only. Not a substitute for professional medical advice.